

What's Happening this week...

1st May 2023 – 6th May 2023

A close-up, high-resolution image of the South African flag, showing the red, white, green, and blue horizontal stripes and the yellow and black diagonal stripes. The flag is waving, creating a sense of movement.

HAPPY WORKERS DAY!



Monday 1st May 2023

Public Holiday – Workers Day

11:30am Anti-Aging

2:30pm-Canasta

Tuesday 2nd May 2023

2pm Scrabble

Wednesday 3rd May 2023

11am Anti-Aging

Thursday 4th May 2023

10am Men's Breakfast

Friday 5th May 2023

Saturday 6th May 2023

11am Coronation of King Charles

Sunday 7th May 2023

IT'S A CELEBRATION
HAPPY BIRTHDAY WISHES
TO

6th Charles Harrod (H 13)



BISTRO

Our lunch offering includes a special of the day, a selection of breakfast, toasted sandwiches, cake plus hot and cold beverages. Kindly be sure to give us a heads up by 2pm the day before if you would like to order the Daily Special in the Bistro. Kindly note that no cash payments will be accepted. Kindly pay on pre-paid account, credit or debit card.

Social Dinner is hosted every Wednesday evening at 6.30pm. Bookings to be confirmed no later than 12pm on a Monday. Late bookings will not be accepted. No-show or last minute cancellations will unfortunately have to be charged to your account.

EVERGREEN BERGVLIET

WHAT'S COOKING

EVERGREEN
lifestyle
bergvliet

MAY 2023

Date	Option 1 R65pp	Option 2 R65pp	Vegetarian
MONDAY 1 MAY	Bistro Close	Bistro Close	Bistro Close
TUESDAY 2 MAY	BEEF CURRY SERVED WITH BASMATI RICE, SAMBALS AND SEASONAL VEGETABLES	FISHERMAN'S PIE SERVED WITH SEASONAL VEGETABLES AND GRAVY	BUTTER BEAN CURRY SERVED WITH BASMATI RICE, SAMBALS AND SEASONAL VEGETABLES
WEDNESDAY 3 MAY	OX LIVER SERVED WITH BACON AND ONION GRAVY, PARSLEY RICE, BUTTERNUT AND PEAS	GRILLED CHICKEN STRIPS WITH BLUE CHEESE SAUCE SERVED WITH HERBED POTATO WEDGES AND A GREEK SALAD	BUTTERNUT AND FETA QUICHE WITH HERBED POTATO WEDGES AND A GREEK SALAD
THURSDAY 4 MAY	BEEF MOUSSAKA SERVED WITH HOMEMADE BREAD AND A FRESH GARDEN SALAD	SAUCY PULLED PORK PANNINI WITH HAND CUT CHIPS AND A FRESH GARDEN SALAD	MACARONI AND CHEESE SERVED WITH HOMEMADE BREAD AND A FRESH GARDEN SALAD
FRIDAY 5 MAY	DEEP FRIED CALAMARI AND SAVORY RICE SERVED WITH COLESLAW, TARTAR SAUCE AND FRESH LEMON	STEAK AND KIDNEY PIE SERVED WITH SAVORY RICE, SEASONAL VEGETABLES AND GRAVY	VEGETARIAN SAUSAGE WITH CAULIFLOWER MASH AND SEASONAL VEGETABLES

Remember to book for daily lunches by 10h00 the day before

Should you wish to order Breakfast and Toasted Sandwiches from the Bistro during the week, please note that there may be a slight delay between 12h00 – 13h00 whilst the kitchen is serving the daily special. We thank you for your patience.

**Please note that we have Vegetarian Options available – please make enquiries when booking.
PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD**

See you there!



EVERGREEN BERGVLIET – SOCIAL DINNER - MAY 2023

DATE	MENU – R195.00 pp		
	OPTION 1	OPTION 2	DESSERT
WEDNESDAY 3 May	OSSOBUCO WITH HERBED COUSCOUS, GREMOLATA AND SIDE OF BABY ROASTED CARROTS	CHAR-GRILLED TANDOORI CHICKEN ON A BED OF ROASTED VEGETABLES SERVED WITH COUSCOUS, CORIANDER YOGHURT AND PICKLED RED ONION	SEASONAL FRUIT AND CHEESE PLATE OR AMARULA INFUSED BRULÉE
WEDNESDAY 10 May	ROAST BEEF WITH YORKSHIRE PUDDING, ROSEMARY JUS, ROASTED POTATOES AND MEDLEY OF VEGETABLES	MOULES MARINIÈRE WITH TOASTED BAGUETTE, POTATO ALLUMETTE AND GARDEN SALAD	SEASONAL FRUIT AND CHEESE PLATE OR TIRAMISU
WEDNESDAY 17 May	SLOW COOKED BOURGUIGNONNE WITH ROASTED GARLIC MASH AND SEASONAL VEGETABLES	COQ AU VIN WITH CRUSHED BUTTERNUT, SWEET POTATO AND SEASONAL VEGETABLES	SEASONAL FRUIT AND CHEESE PLATE OR PAVLOVA WITH CLOTTED CREAM AND CARAMELISED PEACHES
WEDNESDAY 24 May	DUCK A L'ORANGE WITH SPINACH AND MUSHROOM CROQUETTES, SAUTÉED BROCCOLINI	PARMESAN CRUSTED BAKED LINE FISH WITH GARLIC NEW POTATOES AND SEASONAL VEGETABLES	SEASONAL FRUIT AND CHEESE PLATE OR MILK TART PHYLLO SPRING ROLL WITH CARAMEL DRIZZLE
WEDNESDAY 31 May	CHICKEN AND WILD MUSHROOM, BACON POT PIE SERVED WITH LYONNAISE CRUSHED POTATOES AND SEASONAL VEGETABLES.	SMOKED PORK NECK WITH CARAMELISED APPLE SAUCE, MUSTARD POTATOES AND SEASONAL VEGETABLES.	SEASONAL FRUIT AND CHEESE PLATE OR COFFEE INFUSED PANNA COTTA.

See you there!



The Sharks of False Bay and Beyond

"We know so much, yet so little, about the sharks of the ocean.

I'm going to start my story in False Bay, to show you how much we have learned in recent years and how much has changed in recent years.

Then, I shall move further afield, looking at the amazing story of the Zambezi sharks of the Breed River. From there, if I have the time and you are still awake, we will look at sharks of the Eastern Cape, Transkei, KwaZulu Natal and Mozambique, including my personal encounters with them."



Men's
Breakfast
Welcomes
Patrick
Garrett

Date: Thursday 4th May
Time: 10:00am
Cost: R100

Kindly book with the Bistro
on EXT 0200 by no later
than 4pm Friday, 28th April
to book your seat as space
is limited. Please be seated
by 09h45am.
Breakfast will follow at
11am after the
presentation.



Join us for

BINGO NIGHT

R80pp

**FRIDAY, 12 MAY AT 6PM IN
THE CLUBHOUSE**

Kindly book with Reception on
Ext 3200 for seating and
catering purposes.

Kindly book by
Tuesday, 9 MAY 2023.



CANASTA NIGHT



DATE: Saturday, 27 May
TIME: 7pm
VENUE: Clubhouse

You are welcome to bring your own refreshments.
Please book with reception on Ext 3200 by
Thursday, 25 May.

For more information, please contact Jacky Orton
on Ext 3031.



MIRIAM'S SHOES

Wednesday 17th May 2023
10am-13pm

IN THE CLUB HOUSE

Come and have a look at the variety of shoes for you to choose from.



Quantum Health

Personalised Wellness

I will personally be at the Club House Gym every Monday, Wednesday and Friday.

8 30am to 9 30am to offer a complimentary session and to discuss all things Health & Wellness.

Tyrone Nieuwoudt

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